

# Lake Country Intergroup

Serving Eastern WA, North ID &  
Southern BC Canada

July 3 ...

**I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.**

*How is it possible to be afraid to enjoy what is beautiful? There is surely no threat in beauty. It was a fear of living, actually, that made me hide in food. To be afraid to live is to be afraid of everything—good as well as bad, beautiful as well as ugly. In giving to the world, it is I who must make the first move, I who must run to meet life with a smile that says, "I'm happy to be here." To like oneself, to enjoy life and to have enthusiasm for its precious gifts is to give to the world. For today: Freedom from food obsession restores to me my God-given right to enjoy the beauty of this world and not to be afraid to show it.*

For Today Overeaters Anonymous, Inc.. Kindle Edition.

## My First Meeting

At first, you're thinking, I know I am kind of a weird because I am this way, and therefore all these other people must be weird too, but as you listen and spend time with them, what you find is there are some pretty amazing people in this group from all walks of life, in all types of situations and circumstances with pretty cool stories, and one thing that they all have in common with you is that they fight that same weakness that you have fought with. Being with them then starts to feel like home!

Central Arkansas Intergroup of  
Overeaters Anonymous Blog Posted on June 10, 2020

Many of us thought we could recognize "The Truth." We believed the truth was one thing, certain and unchanging, which we could grasp easily and without question. The real truth, however, was that we often couldn't see the truth if it hit us square in the face. Our disease colored everything in our lives, especially our perception of the truth—in fact, what we "knew" about the truth nearly killed us. Before we could begin to recognize truth, we had to switch our allegiance from our addiction to a Higher Power, the source of all that is good and true.

ANONYMOUS, NARCOTICS. JUST FOR TODAY: DAILY  
MEDITATIONS FOR RECOVERING ADDICTS. . Kindle Edition.

## TO SURRENDER

:to agree to stop fighting, hiding, resisting, etc., because you know that you will not win or succeed  
: to give the control or use of (something) to someone else

According to the Merriam Webster Dictionary

I keep going to food to meet my basic needs. Food provides fuel for my body—nothing else. My need for spiritual and emotional fuel comes from within me. My Higher Power created me with all that I need. With my Higher Power's help, I will learn how to access the power within me.

*Voices of Recovery* Overeaters Anonymous. Kindle Edition.

Most certainly I was powerless over alcohol, and for me, my life had become unmanageable. It wasn't how far I had gone, but where I was headed. It was important to me to see what alcohol had done to me and would continue to do if I didn't have help.

*Alcoholics Anonymous*, 4th Edition (p. 354) Kindle Edition.

*I am powerless, so where would this power come from? It had to come from the God of my understanding. The way I prayed had to be different too. I realized God was not going to do for me what I could do for myself. So my biggest prayer became: "God, give me the willingness to abstain, be teachable and work the Steps. God, give me the willingness to forgive and to ask for forgiveness. Give me the willingness to accept myself as I am—as I hope to be." I prayed that God's will would be done in my life.*

*Abstinence*, Second Edition: Members of Overeaters Anonymous Share Their Experiences. Kindle Edition.

**November 7** There is no fruit which is not bitter before it is ripe. Publilius Syrus

Experience is not acquired without bruises and pain. That's why I say I am grateful to be a compulsive overeater. Without the disease, I would not know of Overeaters Anonymous and the twelve-step program of recovery, which has been called a blueprint for a sane and happy life. To wish for the rewards of growth without having to go through the growing pains is futile. Avoidance of pain stops growth cold; and when growth stops, regression is next. Recovery calls for going through each step, feeling all the feelings and having the patience to wait for results. For today: I accept with gratitude whatever progress I am making, however small.

*For Today* Overeaters Anonymous, Inc.. Kindle Edition.

*Miracle* has its roots in Latin from the word for *wonder*. And wonder we do at the good fortune that OA brings us. As we work our way through the journey of recovery, we come face to face with the miraculous each time we look in the mirror. We may see the difference in our eyes first, as the food fog lifts and our minds clear, the sharpness returning to our gaze. Soon we see the physical change in our faces and shape that has allowed us to live in a normal sized body. Eventually, we see the spiritual change reflected not in mirror glass, but in the eyes of others as we live a more peaceful and loving life.

Edited from *Seacoast OA Blog* article *In a Word: Miracles* Posted on September 24, 2017



### Declaring Bankruptcy

I came to OA hoping for physical recovery. I found the beginnings with my group's support and by reworking the first Three Steps. Some called that "Three Stepping. Many of us stop there, but real recovery takes work! Early on OA challenged me to own my physical, emotional and spiritual bankruptcy. That admission laid the foundation for recovery. I came to OA in its infancy (when we relied on AA literature and had little of our own). I knew I was physically bankrupt. My weight kept going up or down. Dieting interspersed with other times when I let go because I felt good about myself or didn't care to discipline my eating. I wanted something and felt deprived without it. Couldn't I enjoy myself sometimes? My body had to deal with excess weight, lack of exercise and snacking. Was that sane behavior? My desire for recovery began in earnest when I recognized my body pattern of weight gain and dieting. This helped me declare physical bankruptcy. Soon I realized my emotions were either up or down. Feeling "moderate" felt uncomfortable. I had little experience with it. I lived a black-and-white existence with few tools to deal with emotions. Yes, I was emotionally bankrupt. Kathy B. Minnesota

### Spiritual Insurance...

**"Perhaps we didn't believe that *our compulsive eating was a spiritual problem*, or we felt that God was concerned only with more important matters and expected us to control such a simple thing as our eating."** — The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 15

*This may seem like an unusual lead-in to relapse, yet for me, this is where relapse begins. As a CDE, bulimic and anorexic, relapse can certainly be seen as all about food. Yet for me, that is the culmination of relapse. There are many symptoms of my disease before a food relapse that reappear and or worsen. A food relapse means my symptoms have returned and my physical functioning is decreased. Sometimes symptoms can worsen, but my physical functioning is not affected; this is not considered a relapse. For me this means that I can be doing everything I know how to do in my recovery and life's circumstances may throw me a curve. That curve may cause me to struggle. Struggle is not relapse. Ultimately struggle is a part of me getting stronger, provided I do not struggle alone. In my recovery journey from C.D.E. I am learning to pay attention to the underlying problem - i.e. spiritual - of my disease.*

Posted on December 6, 2020 Central Arkansas Intergroup of Overeaters Anonymous Blog



In fact, we've learned that delaying the fourth step until we feel we can do it "perfectly" only delays our recovery. Some of us spent months seeking advice from sponsors, friends, and people at meetings, studying all sorts of literature on the subject, looking for the one "right" way to do step four. When our sponsors told us, "the important thing is just to do it," we didn't understand. We didn't realize until after we took the step that perfectionism was one of the troublesome defects of character we needed to get rid of.

*The Twelve Steps and Twelve Traditions of Overeaters* Kindle Edition.

Some people come into OA and are "struck abstinent" at their first meeting. I was not. It took a full year for me to surrender to the program, get abstinent from bingeing and purging, find a sponsor, and start working the Twelve Steps. Now I see I needed that year for my fear to melt away. I was afraid of what life would be like without compulsive eating. After that year, I became totally willing to make abstinence the most important thing in my life without exception. No Longer A Little Girl Overeaters

*Anonymous, Third Edition* . Overeaters Anonymous, Inc.. Kindle Edition.

I am grateful for my physical, mental, and spiritual recovery. Someone once told me this simple program boils down to saying please in the morning and thank you at night, and using the time in between to help the person still suffering from compulsive overeating. That's been working for me all these years. *A Loner Finds a Home* Overeaters Anonymous, Third Edition Kindle Edition.



*"Thinking Is Not One of Our Tools"*  
I heard these wise words at an OA convention many years ago. The speaker went on to say, "And 'Figure it out' is not one of our slogans." I truly believe this is one of the most helpful things I've learned in recovery. I understand now that my tendency to overthink has been a sorry waste of energy and a surefire way of guaranteeing that I'll be stuck in confusion and indecision. Figuring things out for myself without reference to my Higher Power is just another manifestation of my self-will.

Anna L. Colorado

## *It's a slow process, but quitting won't speed it up*

*In my first year I slipped up several times and had awful binges. I worked the Steps with my sponsor, and she had a great faith. Individuals were celebrated and received recovery coins for their back-to-back abstinence. I hungered for recovery because I was still slipping and sliding. I got down on my knees and prayed hard for abstinence and well-being.* Agony  
Aunt Saved My Life Overeaters Anonymous, Third Edition Kindle Edition.

*My shame melted as I began to understand that being overweight is not a sin against humanity; instead, I learned compulsive overeating was my attempt to find comfort in an alien environment. After years in a normal body, with a mostly clear mind, I now see I'm as good as every other bozo riding the bus called life.* ~Gil P. South Coastal Mass IG.

I've been a grateful member of OA since I attended my first meeting on March 27, 2000. My journey of recovery hasn't been in a straight line. My rate of progress has not been steady but when I pause to look back on where I've come from, I know I am fortunate to have found the fellowship. I have come to know that the promises are real, that serenity is available, and what it means to be joyous, happy, and free. While OA issued separate statements for abstinence and recovery, I think it is no accident that they were revised and issued together. I have found that I cannot recover without abstinence, and I cannot stay abstinent without working for recovery.

# SPONSORS

Name	Phone	Type
Carrie	509-747-3117	F/P
Carol	510-390-4555	P
Colleen R	208-59-5728	P/F
Debbie	509-455-4455	P
Debbie P	208-755-4774 <a href="mailto:Lionlady1956@gmail.com">Lionlady1956@gmail.com</a>	P
Donna	509-999-5326	F
Elizabeth C.	509-216-2894	P
Gary	208-298-9044	P
Jackie M	509-570-8292 <a href="mailto:jackiemcwilliams@comcast.net">jackiemcwilliams@comcast.net</a>	Bariatric Surgery
Jacqui	509-844-4780	P
Janelle	509-483-6937	F/P/M
Jean	509-939-4333	P
Jessie W	509-953-0202 <a href="mailto:Jwaters1982@aol.com">Jwaters1982@aol.com</a>	P
John B	509-475-4718 <a href="mailto:meanspeed13@yahoo.com">meanspeed13@yahoo.com</a>	P
Katherine B	206-335-9726 (Seattle)	HOW - F/P
Lenora	208-635-5165	P/F
Larissa W.	509-701-4341	
Marcia Kay	509-879-8233	F/P
Marla	509-992-3182 <i>*NEW PHONE NUMBER*</i>	F/P
Mollie R.	208-819-1828 <a href="mailto:irreverentf@gmail.com">irreverentf@gmail.com</a>	P
Nicole	509-413-2961	P
Paula	208-618-9297 <a href="mailto:GNNDNIT@aol.com">GNNDNIT@aol.com</a>	P/F/M
Robyn B.	509-280-5705	P
Ruth D.	208-659-9606	P
Sharen	509-483-2171 509-688-5706 (cell)	F/P/M

**ANY CHANGES** - please contact: Katy B. [Katyblue.oa@gmail.com](mailto:Katyblue.oa@gmail.com)  
or 509-270-1965

**LEGEND:** P Program F Food M Maintenance

## Give Up or Start Over

Sometimes I just want to give up. I'm tired of all I have to do to keep this compulsion under control. I pray, I study, I go to meetings, I give service. Somehow I've lost my motivation. I'm praying that I might regain the willingness to stop over eating. It's not that I'm eating the wrong foods. I know there are things I cannot touch. I am just eating too much of the things that have been on my food plan for years. So now I am making a list of the things that I can do that I could not do before I came in the rooms of OA.

1. Walk without pain.
2. Go to almost any clothing store and find something that would fit me.
3. Clean my own house.
4. Buckle up in an airplane without asking for a seatbelt extender.
5. Sitting on a folding chair without being afraid of it collapsing (not an experience I would like to relive).
6. Talk to others who understand this disease.
7. Most of all, stay close to my Higher Power!

And the list goes on! Do I want to go back to the isolating? No. Do I want to go back to hiding food for my family? No. Do I want to go back to the humiliation? No. Do I want to go back to the physical pain of obesity? No. Do I want to go back to the fear that I'm going to drop dead because I'm so overweight? No! Do I want to go back to the loneliness? No! Do I want to go back to the shame? No! I will keep coming back because my life is so much better when I am with other compulsive overeaters who understand the power this disease can have. This disease is trying to discourage me. I won't let it! Together we get better. Thank you, God. Thank you to all who have loved me until I could love myself.

Anonymous

## 7th Tradition

Our 7<sup>th</sup> Tradition is an important part of keeping our local and national organization going! Don't deny others of our great Fellowship of Freedom because we think our contribution is unimportant. No matter how small, your 'bucks in the basket' still counts. Luckily, we now have a *PayPal link* for Lake Country IG to accept 7th tradition contributions.

If the contribution is coming from a group meeting, then the group name and/or number must be included in the "Add a note" section.

Make checks payable to: *Lake Country Intergroup* and mail to:  
Nancy Towler  
927B Hawthorne Street  
Lewiston, ID 83501  
Questions: Email [oalci.treasurer@gmail.com](mailto:oalci.treasurer@gmail.com)

We are walking miracles, but let's not get cocky. We're still human beings, and we still have this chronic disease. It continues to worsen while we continue to grow in OA. To keep this miracle alive, we must stay in touch with the program and continue to cultivate a deeper relationship with our HP. If we do so, then we will stand as examples for those who need help with compulsive eating. By helping them, our recovery will be further strengthened!

Edited from Seacoast OA Blog article *In a Word: Miracles* Posted on September 24, 2017

I was too embarrassed to call in slips, so I always called before my first bite. And he (my sponsor) always talked me down off the cliff. One night, after an extensive discussion, he told me to hang up the phone and run upstairs to bed. It worked. I would tell him I was hungry, angry, lonely, and tired. He would say, "Wonderful. That's just where you are supposed to be. You are feeling your feelings." This gave me the courage to walk through the fear and come out the other side. I learned that feelings are not reality. *A Bad Case of Denial*

Overeaters Anonymous, Third Edition .Kindle Edition.

*After twenty-eight years in OA, even I am amazed at the difference in me. Gone are the 60 pounds (27 kg) of excess weight, never to return. Gone is the cynicism. Life is life. Gone are vengefulness and sarcasm. Things just don't make me mad now. Gone are grudges and resentments. They are in the past, and I played a part too. Gone is the urge to commit suicide while driving; now I'm careful. What remains is the smile, because now I allow myself to be happy. Added is an occasional frown because I allow myself to feel pain; it is no longer stuffed down with food.*

Abstinence, Second Edition: Members of Overeaters Anonymous Share Their Experience, Strength and Hope (p. 96). Overeaters Anonymous. Kindle Edition.